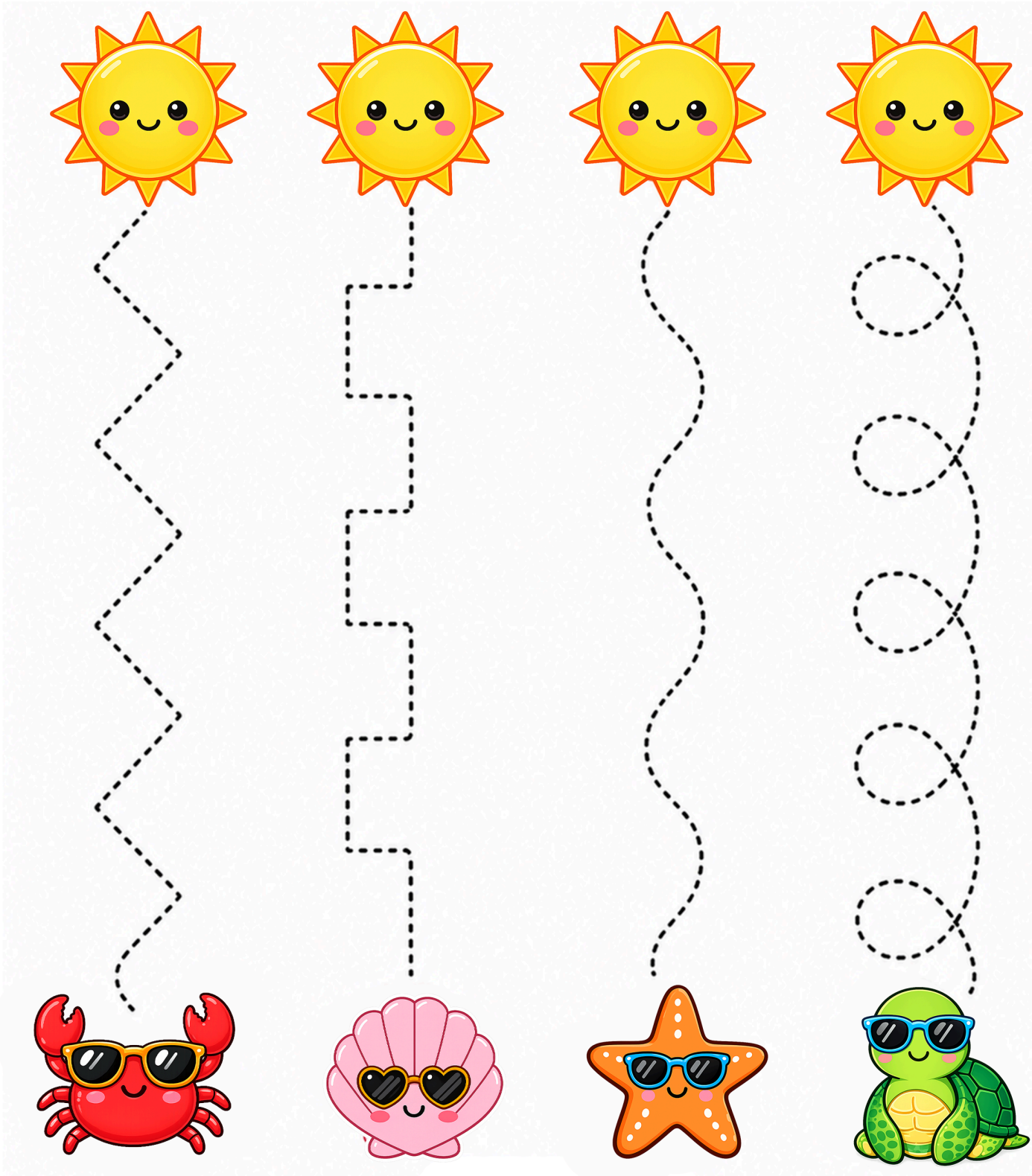
Summer Mindfulness Tracing

Take a deep breath and soak in the sunshine.
Inhale and exhale slowly trace your finger along each path